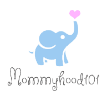
**Daily Schedule**

|  |  |  |
| --- | --- | --- |
| **Before 9:00 AM** | **Wake up!** | **Make your bed, eat breakfast, brush teeth, get dressed** |
| **9:00-9:30** | **Outdoor Time** | **Family walk or outdoor play / exercise (safely!)** |
| **9:30-11:00** | **Academic Time** | **Use Google Classroom to access work from your teachers, or use the sites shared on school’s website.** |
| **11:00-12:00** | **Creative Time** | **Drawing, Lego, crafts, music, cooking, baking, dancing** |
| **12:00-12:30** | **LUNCH** |  |
| **12:30-1:00** | **Home Chores** | **Clean rooms, vacuum, dust, take out the bins, pet care** |
| **1:00-2:00** | **Quiet Time** | **Reading, puzzles, yoga, board games, Lego, listen to a podcast, watch a documentary, take a virtual tour of a museum online.** |
| **2:00-4:00** | **Academic Time** | **Use Google Classroom to access work from your teachers, or use the sites shared on school’s website.** |
| **4:00-5:00** | **Outdoor time** | **Family walk or outdoor play / exercise (safely!)** |
| **5:00-6:00** | **Dinner time** | **Dinner, help with clean-up and dishes** |
| **6:00-7:00** | **Bath time** | **Bath or shower** |
| **7:00-8:00** | **Reading/TV time** | **Relaxing before bedtime** |
| **9:00 PM** | **Bedtime** | **Put on PJs, brush teeth** |